CHAPTER **11**

Fitness and Physical Activity Programs and Professions

Questions

- **How would you describe the state of physical fitness in the USA? Youth? Adults? Older adults? Individuals with disabilities?**
- **If we know that fitness and physical activity are good for us, why don’t more of us participate?**
- **Have you ever worked with a personal trainer, strength coach, or physical therapist? If so, describe the experience. If not, why not?**

Objectives

- **Accurately describe the general fitness and physical activity levels and trends across the life span for youths, adults, older adults, and individuals with disabilities.**
- **Discuss the various organizations and current legislative efforts aimed at supporting quality instruction and access to fitness programs.**
- **Describe the various settings, organizations, and career opportunities within the fitness industry.**

Fitness Levels Among Children and Adolescents

- American children underperform in fitness tests compared to European peers.
- National Children and Youth Fitness Study (NCYFS I) average results showed poor performance in measures of body composition and aerobic fitness.
- Changes in the interpretation of data might suggest that children and adolescents meet fitness standards.
- Increases in overweight and obesity rates remain worrisome.

Physical Activity Patterns in Children and Adolescents

- **Results from national surveillance data reflect the following:**
  - **Participation in physical education declines as children age.**
  - **Many children do not engage in sufficient moderate to vigorous physical activity (MVPA) during class.**
  - **Less than half of high school students meet physical activity recommendations.**
  - **Screen time has shifted from less television to more computers and phones.**
  - **Using active forms of transportation has declined.**

- **Lower physical activity levels and higher BMI levels tend to track from adolescence into adulthood.**

Adult Fitness and Physical Activity Patterns

- **Positive trend: Mortality from cardiovascular disease is declining slightly.**
- **Bad news: the incidence of obesity and diabetes is increasing.**
- **Most American adults do not meet national physical activity recommendations.**
- **Socioeconomic status is linked with physical activity levels.**
- **Yet people are paying for health and fitness clubs.**

Fitness and Physical Activity Patterns in Older Adults

- **Average age and life expectancy of adults has increased; the consequence is increased health care costs.**
- **Low activity or low fitness levels increase the risk and severity of illness or injury.**
- **Perspective on physical activity and fitness training for older adults has changed.**
  - **More programs are available.**
  - **Many older adults do not have a history of physical activity.**

Programming for Children and Youth

- **Schools have been central component**
  - **Physical education**
  - **School-based sports**
- **Comprehensive school physical activity programs**
  - **Quality physical education**
  - **Before-, during-, and after-school opportunities**
  - **Engage families, communities, and school staff**
- **Increased access and opportunity for all students to engage in MVPA in and around the school day**
- **Expanded fitness and physical activity offerings at school**

Fitness and Physical Activity for Individuals With Disabilities

- **Historically, fitness/activity programs targeted rehabilitation.**
- **Activities of daily living can help foster independence.**
- **Federal laws fostered focus on improving health, fitness, quality of life, and access to specialized equipment or training.**
- **Inclusive and integrated environment to promote physical activity and health.**
- **There is still room for improvement to provide**

The Efforts of SHAPE America

- **Society of Health and Physical Educators of America (SHAPE America) is the national organization of physical education, health education, sport, and fitness professionals.**
- **Plays an integral role in the development and integration of programs to improve youth physical activity and fitness.**
- **Partners with government agencies and other organizations to create and distribute resources.**
- **Has developed national physical education content standards.**

Worksite Fitness and Wellness Programs

- **Workplace wellness programs have increased in popularity.**
- **Fitness is related to productivity and reduced health care costs.**
- **Worksite fitness programming can improve morale and**
  - **increase engagement/productivity and**
  - **reduce absenteeism.**
- **Worksite fitness and wellness programs benefit the employee and company**

National Efforts to Promote Physical Activity

- **Historical interest in physical fitness related to military service**
- **Current approaches center on health and well-being**
- **President's Council on Fitness Sport and Nutrition promotes fitness and sport for all Americans**
- **Presidential Active Lifestyle Award + (PALA +)**
  - **Promotes daily physical activity among youths**
  - **Includes a nutrition component**

Legislative Efforts to Improve Youth Fitness

- **Several efforts aim to reduce national levels of overweight and obesity among youths.**
- **Healthy, Hunger-Free Kids Act of 2010 requires schools that receive federal funding to create school wellness councils.**
- **Every Student Succeeds Act (ESSA, 2016) does the following:**
  - **Maintains high academic expectations**
  - **Emphasizes a more well-rounded educational approach**
    - **Includes Title II and IV funding supporting health and physical education programs**

Who Leads Fitness Programs?

- **Increased access and opportunity for fitness and physical activity programs**
- **Created demand for qualified professionals**
- **No single national certification, and little to no oversight**
  - **Multiple organizations offer specialized certifications and training**
  - **One national oversight agency to accredit certifications**
- **Number of kinesiology or exercise science degree programs has increased significantly**

Activity

- **Investigate 3 or 4 personal training or strength and conditioning certifications. What looks good to you, and why did you select the ones you did?**

- **Discuss how the evolution of fitness and physical activity participation has led to the creation of new legislation and increased the demand for qualified professionals.**

Summary

- **Fitness and physical activity are increasing across the life span in various locations.**
- **Organizations and legislation create guiding principles.**
- **More participants requires more qualified professionals.**
- **Tasks/Assignments:**
- **Next Class:**